



RRIS PRESENTS

THE STUDENT'S TIP BOOK

By your counselors



Welcome



Shalom, and welcome to Israel.

This booklet is intended to give you all the basic essentials for your first steps as a students in Israel.

You can find here some instructions for the first basic actions in Israel such as household bills, mobile phones and public transportation.

Also, you can find here some extremely useful tips for each subject from our point of view. There are references for recommended businesses in each section and some useful ideas of how to save money because let's face it, Israel is really expensive.

We hope that you'll find this booklet useful and beneficial!

Yours,

The RRIS counselors team

Basic information



- Weekends in Israel begin Friday afternoon and end Saturday night. This is also referred to as the 'Shabbat'. Most shops and businesses are open 6 days a week (Sunday through Thursday, and Friday until around 2:00 PM. You can find some smaller shops (especially in Tel Aviv), that are open on Shabbat.
- Government Offices are open 5 days a week (Sunday through Thursday), often at limited hours. It is recommended to go as early as possible to avoid bureaucratic delays.
- Safety and welfare of our students is our highest priority. The RU staff has many years of experience making sure that our students live and study in safety and return home enriched by their time here. The RU campus employs security guards who check every individual coming into campus and patrol the campus grounds. All aspects of our social program, including trips around Israel, are coordinated with security authorities, thus allowing students to see the country in the safest possible way. It is customary to open and check all bags and purses at the entrance to most public places, shopping malls, cinemas, etc. Please comply with security checks which are for the benefit of all of us. Do not leave your bag unattended at any time. Unattended bags are considered to be "suspicious objects" (chefetz chashud) and are dealt with by the police bomb squad. If you see an unattended bag, do not touch it. Call the police (telephone 100) Despite the security threat, tourists are usually pleasantly surprised to see that Israel is generally safe and relatively crime-free. This does not mean that crime does not occur at all, and students should still take care to avoid danger.
- Israel's climate ranges from temperate to tropical, with plenty of sunshine. Two distinct seasons predominate: a rainy winter period from November to April, and a dry summer season from May to October. Rainfall is relatively heavy in the north and center of the country, with much less in the northern Negev and almost negligible amounts in the southern areas.
- Electrical Appliances- The electric current in Israel is 220 volts AC, single phase, 50 cycles. If you bring any electrical appliances with you, be sure that they are set on the 220 volt setting or that they can be easily converted using a transformer.
- Dress in Israel tends to be a bit informal. However, students should keep in mind that in religiously observant areas modest dress is required, and on special occasions nicer clothing is appropriate.

FINANCE:

- **Value Added Tax**- (VAT, in Hebrew - ma'am) A Value-added tax of 17% is charged on purchases and transactions, except for tourists' hotel bills and car rentals paid for in foreign currency.
- For the latest currency rates, please refer to <http://www.xe.com/ucc/>. Licensed money changers and the post office usually give better rates than hotels or banks.
- **Bank cards**- An easy way to obtain cash while in Israel is to use your bank/ATM card from your bank in your home country. Be sure to check with your bank



Supermarkets:

The cheapest store chains:

- Rami levy
- Yohanonf
- Yenot bitan



Herzliya supermarkets:

- Victory - 8 Shivat Hakochavim blvd. (inside the shopping mall)
- Mega Ba'ir – 97 Sokolov Street
- Yenot Bitan - Ben Gurion St. 2 (Near Café Café in the passageway)
- Fresh Market - Hanadiv St. 71
- Tip Tov Fresh-market- Asher Barash 31



Open 24/7 Supermarkets+ Non Kosher (EXPENSIVE):

- AM/PM- Tel Aviv
- Tiv Taam- Depends on the branch
- Super Yuda-Tel Aviv

Online orders

We Recommend to order from quick (until 24 hours arrival), supersal, or any other chain with a delivery fee of up to 30 shekels max.

food delivery:

- Wolt- for food & groceries (get the app).
- Yango Deli- For groceries & basic home products.
- Online order from most restaurants (up to 20 shekels delivery fee).



subsidized products

In Israel, there are subsidized products such as:

- Milk (5-7 NIS)
- Ski cheese (4.75 NIS)
- Bread (7 NIS)
- Eggs (11-12 NIS)
- Salt (2.07 NIS)
- Yellow Cheese 28% "Emek" (42 NIS for 1 Kg)





Internet

Hot/ Bezeq/Cellcom; costs approximately 100 shekels per month for the internet package (500 Mbps).



TV

Premium packages :
(Expensive and unnecessary)

- Yes
- Hot

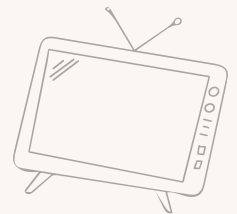
Israeli recommended and basic cables:

(Approximately 170 NIS with internet and between 50-100 NIS with just the TV subscription).

- cellecom
- Partner
- sting

others:

- Netflix
- Apple tv
- Disney +



Property Tax

The tax is based on the apartment size, area and the building type.

Here you can check out if you're entitled to get a discount:

- Tel Aviv- Click Here
- Herzliya- <https://www.herzliya.muni.il/433/>

Other bills :

- Electricity, Water-Based on your consumption
- House committee- Changes between buildings and areas. between 50 to 300 NIS

Home - how to pay your bills

electricity bill

Israel has one main electricity provider nationwide. If you **don't** live in RU dorms and are moving into a new apartment, it is advisable to transfer the bill to your name.

To transfer bill to your name:

1. Read the current measure on the apartment's electricity meter.
2. Call 103
3. Provide the following details: Contract number (available at the top left corner of the bill), your name, ID number, and the current measurement.

You can pay it through the following methods:

- Credit card transaction – Online on <https://www.iec.co.il/en/home> or by phone- dial 103 (24 hours service)
- Standing bank order – See bill or go online for details.
- Cash via post office – Visit your nearest branch.



water bill

In Israel, every municipality has its own way of administrating water consumption and billing for its water and sewage services. Paying your water bill is rather easy. You may select the payment method best for you from the following options:

- Credit card transaction – Details will be provided on bill.
- Standing bank order – Rather than paying the bill manually everytime, you may request to have the sum deducted directly from your account. Check the bill for further instructions.
- Cash via post office – Go to the nearest post office branch (visit www.israelpost.co.il for branch map) and simply pay the cash amount.



Public transportation



moovit

the best app for busses and trains schedule and for payment.

For students discounts, upload your student ID card, and get a 33% discount on every ride!



Rav- Kav

an electronic "Rav-Kav" card which can be used on the bus\train.

visit one of the central bus stations in order to issue one.

Also you can issue it online through

Rav-Kav's website.

<https://ravkavonline.co.il/en/>

Public transportation on Shabbat

keep in mind there's no transportation on shabbat except the following lines:

Special bus-lines for **free** on shabbat between Tel Aviv, Jaffa, Herzliya, Givaatim, Ramat Hashron.

Friday: 17:00- 2:00

Saturday: 9:30- 18:00



train

Download the "Israeli railways" app for train timetable and updates.



Private transportation:

- **Bubble-** Mini bus rides for your exact destination based on your demand (approx. 20 NIS). doesn't work on Saturdays and after 10 PM. download the bubble app from your App Store.
- **Gettaxi-** an app for taxis all around Israel.
- **yango-** an app for taxis all around Israel.



Scooters in Tel Aviv-

Expensive but extremely fun and convenient transportation method in Tel Aviv.

Be aware of the Traffic rules and don't forget to wear a helmet.

To rent a scooter use one of the apps below:

- Lime
- Dott
- Bird
- Wind- Recommended for short rides
- Tier





How to open a Bank account:

Banks in Israel require an Israeli ID in order to open a bank account.

- Bank Hapoalim - www.bankhapoalim.co.il
- Bank Leumi - www.leumi.co.il
- Israel Discount Bank- www.discountbank.co.il
- Mercantile Discount bank- www.mercantile.co.il
- Bank Habenleumi- www.fibi.co.il



Tip: If you have "Oleh Chadash rights" and deserve the "absorption basket," make sure to open a bank account as soon as possible in order to receive these monetary benefits.

RU Student Union has an arrangement with Bank Hapoalim (Herzeliya branch) - RRIS students can open a bank account easily and the process is very simple. For more information, please contact the Student Union aguda.office@idc.ac.il.

Online money transfers :



The easiest way to transfer money from one another is with the following apps:



Bit- you only need your phone number and credit card info to pay through the app.

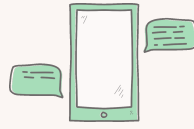


Paybox- app for transfers and also for collecting money through a link.



Splitwise- an app for money balance between groups. can be used by roommates for paying the bills and rent.

Mobile phones



An easy and quick process. all you must do is to check online and choose the best program for you:
you can also visit the branch on almost every mall.

These are the major mobile network providers:

- Cellcom- www.cellcom.co.il
- Pelephone- www.pelephone.co.il
- 012mobile - <http://www.012mobile.co.il/>
- HOT Mobile <https://www.hotmobile.co.il/pages/default.aspx>
- Golan- <https://www.golantelecom.co.il/web/>



Tip: Some contracts may last for a specific time period.
Longer contracts may offer better plans but you will be responsible for payments throughout the duration of the contract even if you leave Israel.

The RU Student Union has a convenient arrangement for phone plans and students can sign up on campus and receive their SIM with local number. For more details: contact:
cellidc@ogen-idc.com



Cost of living in Israel

Coffee:

Capuchino: 12-16 NIS/ 3-5\$
Espresso: 7-15 NIS/ 2-4\$



Burger:

50-80 NIS
15-25\$



Beer:

25-40 NIS/Pint
7-12\$



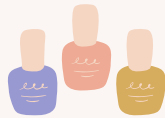
Cocktail:

35-60 NIS
10-18\$



Gel nail polish:

80-140 NIS
25-40\$



Bus ride:

5.50 NIS
1.7\$



Pilates/Yoga lesson:

70-100 NIS
20-30\$



Private tutor- depends on the teacher and course:

80-200 NIS
25-60\$



GAS:

6.8 NIS/L
2.07\$



Pizza:

60-100 NIS
18-30\$





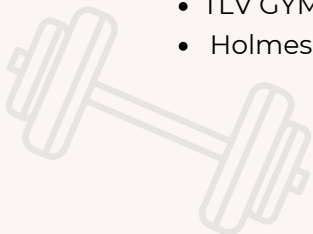
GYM

Herzliya:

- Space Herzliya (99 NIS)- *8979, Sokolov 58
- Holmes Place Herzliya (99 NIS):
 1. Seven stars mall- 09-768-8855
 2. Sapir 1- 09-951-7330

Tel Aviv:

- Space Tel Aviv (99 NIS)
 1. Hayarkon 75- More info on space website
 2. Ygal Alon 76- 03-308-3217
 3. Iben Gvirol 62- 077-903-3258
 4. Shenkin 47- 03-525-2000
 5. Abarbanel 72- 073-328-6003
- TLV GYM Club (99NIS)- Karlisah 18- 03-575-7870
- Holmes place Azrieli Mall (Expensive)- 03-609-4262



Sports fields and open training areas

Herzliya:

- Sportek Herzliya - Zabutinsky street

For Field reservations : 09-956-5374

1. Basketball, Football fields
 2. Running lanes
 3. Bodyweight sport center
- Dan Acadia beach- volleyball nets

Recommended surfing Clubs:

- Reef- Dan Acadia beach- 09-957-4461
- Surf Academy- Hazedef 3 Arena mall- 058-500-0434

Tel Aviv:

- Hayarkon Park

For Field reservations : 03-699-0307

1. Basketball, Football fields
 2. Running lanes
 3. Bodyweight sport center
 4. Sailing- 03-642-0541
 5. Iclimb- 050-213-7099
- Tayelet Tel Aviv- Running lanes near the beach, volleyball nets
 - Charles Clore park- Body weight sport center and skateboard area

Recommended surfing Clubs:

- "Galim" Gordon beach- 03-517-5557
- Aqua Stamina "Western Beach"- 054-547-8321
- Hilton Bay - TLV Surf Academy- 03-920-2777





online

Terminal X

Israeli website for delivery of all kinds of cloth, home products, beauty and life style. the delivery is up to 48 hours to all around Israel.

Asos

international website for delivery of all kinds of cloth, home products, beauty and life style. the delivery can take up to 1 month to all around Israel.

Shein

international website for delivery of cheap cloth, home products, accessories and almost everything you can think of.
. the delivery can take up to 1 month to all around Israel.

Tip: the Israel post can be very slow and the packages don't always arrive. we recommend to choose a different kind of delivery method.



Malls

Herzliya:

- Seven stars mall- Shiv'at Hakohavim Blvd 8



tel aviv:

- Azrieli mall- Derech Menachem Begin 132, Tel Aviv-Yafo
- Dizengoff center- Dizengoff St 50, Tel Aviv-Yafo
- TLV Fashion mall- Carlebach St 4, Tel Aviv-Yafo, 6713208
- Ramat Aviv Fashion mall- Brodezky St 43 Tel Aviv-Yafo, 6912543

Movies & Theaters



Cinema Halls:

- Cinema City- Giliot junction (Between Tel Aviv and Herzliya)
- cinematheque- Haarbua street 4, Tel Aviv
- Yes Planet cinema- Ayalon Mall, Abba Hillel Silver Rd 301, Tel Aviv

Theaters:

- Habima Theatre- Tarsat Ave 2, Tel Aviv- 03-629-5555
- The Cameri Theatre- Sderot Sha'ul HaMelech 19, Tel Aviv- 03-606-0900
- Beit Lesson Theatre- Dizengoff St 101, Tel Aviv- 03-725-5333



useful apps



cam scanner-
scanning
documents



EZcheck me-
enables easy
check-in for
lessons



RU app for all the
important
information!



google keep- for all
your assignments
and tasks



google calendar-
for organizing
your schedule

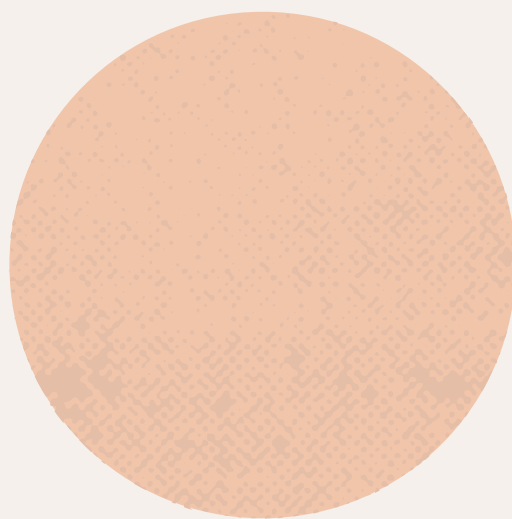


Spendee-
Track your income
and expenses



Notability-
note taking app
(recommended for
iPad)





We wish you good luck!

*Don't forget,
we are always here for you!*